

Baked Meatballs

Makes: 8 Servings (of 3 meatballs)

Ingredients

1 pound ground beef, 90% lean (or ground turkey)
1 egg
1/2 teaspoon dried parsley
1/2 cup bread crumbs
1/2 cup milk, 1% (or non-fat)
1/4 teaspoon pepper
1 teaspoon onion powder

Directions

1. Mix all ingredients, shape into balls (about 24 meatballs)
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

ONIE Project - Oklahoma Nutrition Information and Education. Simple Healthy Recipes.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	6 g	9%
Protein	13 g	
Carbohydrates	6 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	2 g	10%
Sodium	97 mg	4%

MyPlate Food Groups

Grains	1/2 ounce
Protein Foods	1 1/2 ounces